

# Activity Sheets for Kids of All Ages

Ready-to-copy Masters\*

- Broccoli Bonanza!
- Eat A Rainbow!
- The Eyes Have It!
- How Does Your Garden Grow?
- Salad Medley



\* Consider covering the answers before you make copies.



# Broccoli Bonanza!

Knock! Knock!  
Who's there?  
Danielle.  
Danielle who?  
Don't yell at me –  
I ate my five servings  
of fruits and  
vegetables today!

Knock! Knock!  
Who's there?  
Mike.  
Mike who?  
Microwave your  
vegetables  
for dinner!

Knock! Knock!  
Who's there?  
Will.  
Will who?  
Will you please  
put some broccoli on  
my pizza?

Which parts of the  
broccoli plant can  
be eaten? Circle  
your answers.

Leaf                  Flower  
Stem                 Root



**Broccoli Trivia**  
Did you know  
broccoli . . .

- Comes from the Italian word *brocco* meaning arm or branch.
- Is high in vitamin A.
- Has been around for over 2,000 years and has been grown in the United States for about 200 years.
- Originated around the Mediterranean Sea.
- Was served to Caesar – often two to three times at the same meal.
- Was first introduced to France in the 1500's and to England in 1720.
- Was brought to America by early colonists.
- First grown in California in 1923, and in a few years was shipped fresh to New York and Boston.

## Cabbage Family Scramble

Broccoli belongs to the cabbage family – a group of vegetables. Can you unscramble the names of these cabbage family vegetables? Remember to eat at least two servings every week.

1. mrdusta senerg .....
2. kbo cyho .....
3. printu sregne.....
4. aabcbeg .....
5. wssis hcrad .....
6. rubless sstoupr.....
7. leak .....
8. froclauwiel.....
9. hbailok .....
10. crooclib .....
11. ischnee bbagcea .....
12. lyruc ssrec.....
13. arbataug .....
14. darlcol rngsee.....
15. dorshshera .....

## Trees in a Broccoli Forest

Recipe from Dole Food Company  
5 A Day Website  
<http://www.dole5aday.com>

Makes 4 servings

Preparation Time: 20 minutes

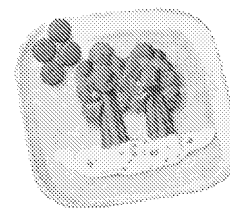
### Dipping Sauce Ingredients

- ¼ cup plain nonfat yogurt
- ¼ cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

- Mix dipping sauce ingredients in a small bowl.
- Hold carrots against cutting board and trim off ends. Cut each in half, crosswise, then lengthwise to make four pieces.
- Arrange the plate as shown in the picture. Spoon the sauce around the base of the carrots and sprinkle with parsley.

**Nutrients per serving:** 84 calories, 3 g protein, 12 g carbohydrate, 2 g fat, 1 mg cholesterol, 74 mg sodium.

**Answers:** The stem, leaves and flowers of the broccoli plant are all edible. **Scramble:** 1.mustard greens, 2.bok choy, 3.turnip greens, 4.cabbage, 5.Swiss chard, 6.Brussels sprouts, 7.kale, 8. cauliflower, 9.kohlrabi, 10.broccoli, 11.Chinese cabbage, 12.curly cress, 13.rutabaga, 14.collard greens, 15.horseradish.



### Broccoli Trees Ingredients

- 2 carrots, peeled
- 3 cups broccoli florets
- 4 cherry tomatoes
- 3 tablespoons parsley leaves

# Eat A Rainbow!

## Phytochemicals

*Phyto* is the Latin word for plant and a phytochemical is a chemical found in a plant. Fruits and vegetables have thousands of different phytochemicals that help keep us healthy. By eating a variety of fruits and vegetables you will get all the phytochemicals you need. Can you name a different fruit or vegetable for each line?

.....p .....

.....h .....

.....y .....

.....t .....

.....o .....

.....c .....

.....h .....

.....e .....

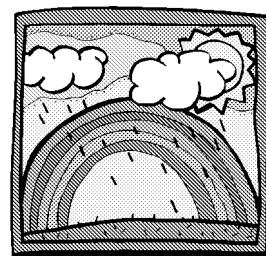
.....m .....

.....i .....

.....c .....

.....a .....

.....l .....



## How Many Can You Name?

A fun way to get all your phytochemicals is to eat fruits and vegetables that are different colors. How many fruits or vegetables can you name that are . . .

Blue or Purple .....

.....

Pink or Red .....

.....

Orange .....

.....

Yellow .....

.....

Green .....

.....

.....



For snack time fun, try . . .

## Rainbow Platter



- Create a rainbow by arranging fruits and/or vegetables by color in an arc.
- For a fruit platter try purple grapes, blueberries, red strawberries, orange sections, mango slices, pineapple chunks and kiwifruit slices.
- For a vegetable platter, try boiled purple potatoes, red radishes, carrot sticks, sliced yellow summer squash, yellow peppers and green beans.
- Select one of the dip recipes. Mix all ingredients in a small bowl and serve.

### Vegetable Dip

¼ cup plain nonfat yogurt  
¼ cup light sour cream  
2 tablespoons honey  
2 teaspoons spicy mustard

### Orange Yogurt Dip for Fruit

8 ounces low fat, plain yogurt  
2 teaspoons honey  
grate peel of ½ orange

Knock! Knock!  
Who's there?  
  
Orange.  
Orange who?  
Orange you glad  
I reminded you  
to eat your 5 A Day?

Knock! Knock!  
Who's there?  
  
Blue.  
Blue who?  
Blueberries  
are packed with  
vitamin C!

## Rainbow Collage

Cut out pictures of different fruits and vegetables. Paste them together by color to make a rainbow.



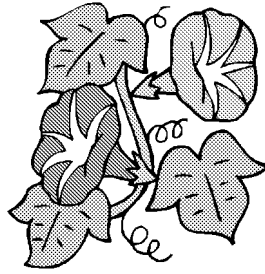
# The Eyes Have It!

## Sweet Cousins

From the family of morning glory  
Comes this sweet little story,  
Of a group of cousins  
Who had eyes by the dozens.

From America come the potatoes so sweet,  
They whisk all the chefs right off their feet.  
While the yams (their paler relations)  
Hail from the Asian and African nations.

Both tater and yam taste quite divine,  
And that leads to problems at holiday time.  
If invited to dinner, they become quite suspicious  
That they might end up being served on the dishes!



## How Many Can You Name?

Sweet potatoes are brown on the outside and yellow or orange on the inside. How many fruits and vegetables can you name that are one color on the outside and another color on the inside?

.....

.....

.....

.....

.....

**Knock! Knock!**  
Who's there?  
**Sweetie.**  
Sweetie who?  
Sweetie potatoes are  
delicious just baked in  
their skins.

**Knock! Knock!**  
Who's there?  
**Seymour.**  
Seymour who?  
See more things in  
the dark – eat  
something rich in  
vitamin A.

**Knock! Knock!**  
Who's there?  
**Justin.**  
Justin who?  
Just in case you  
were wondering, ½  
cup of sweet potato  
has more vitamin A  
than you need in  
one day.

## Grow one!

Stick 3-4 toothpicks into the midsection of a small, healthy sweet potato. Submerge the potato halfway in a jar of water -- rest the toothpicks on the mouth of the jar. Put in the sun and watch your potato sprout!

## Sweet Potato and Yam Trivia

- Sweet potatoes have been around a long time. They were a favorite of herbivore dinosaurs.
- Sweet potatoes should be firm and well-shaped with clean, smooth skins. They should have few eyes, and those few eyes should be shallow.
- Avoid sweet potatoes with bruises, soft spots, signs of decay, wrinkles or cuts in the skin.
- The eleven-month calendar of Figi is based on the growth cycle of the yam.
- Do not refrigerate a sweet potato. Temperatures below 55°F will give it a hard core and undesirable taste when cooked. Leftover sweet potatoes should be refrigerated.
- NASA's Advanced Life Support Program is growing sweet potatoes for long duration space missions and possible future inhabitants on Mars.

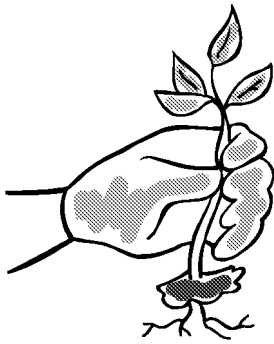
## A Simply Yummy Snack . . . Baked Sweet Potato



- Wash and scrub a sweet potato and pierce it with a fork.
- Place the sweet potatoes on a cookie sheet and bake at 425° for 40-60 minutes. (Or, place it on a plate and cook it in the microwave for 4-10 minutes.
- To see if it's done, put on some hot mitts. The sweet potato is done when you can squeeze it.
- Slice and serve for a sweet treat!

## Sweet and Funny

Draw a cartoon with sweet potato people.



# How Does Your Garden Grow?

Why did the little boy  
bury eggplants  
in his backyard?  
He wanted to grow  
chickens.

Why shouldn't you tell  
secrets on a farm?  
Because the  
cornstalks have  
ears, the potatoes  
have eyes, and the  
beans-talk.

## Growing Scramble

Can you unscramble these  
gardening and farming words?

1. croartt .....
2. lovesh.....
3. morsw .....
4. stompoc .....
5. esdse.....
6. earc.....
7. sawtr .....
8. remanu.....
9. esdew.....
10. ostor .....
11. veesia.....
12. trawe.....
13. nensushi .....
14. ilso .....
15. letrow.....

## Pizza Garden

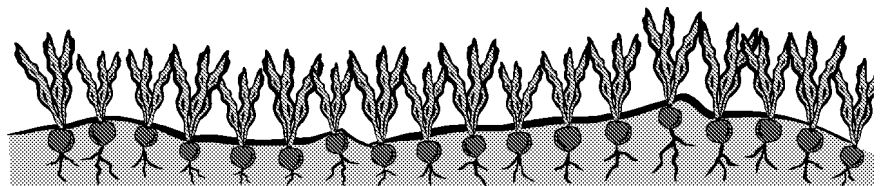
You can plan a pizza garden. Grow tomatoes  
and oregano for the sauce. What vegetables  
do you want to add for the topping?

.....  
.....  
.....

## What parts of the plant do we eat?

Circle your answers.

Broccoli	Root	Stem	Leaf	Flower	Fruit	Seed
Carrot	Root	Stem	Leaf	Flower	Fruit	Seed
Cauliflower	Root	Stem	Leaf	Flower	Fruit	Seed
Celery	Root	Stem	Leaf	Flower	Fruit	Seed
Corn	Root	Stem	Leaf	Flower	Fruit	Seed
Cucumber	Root	Stem	Leaf	Flower	Fruit	Seed
Kidney Bean	Root	Stem	Leaf	Flower	Fruit	Seed
Lettuce	Root	Stem	Leaf	Flower	Fruit	Seed
Potato	Root	Stem	Leaf	Flower	Fruit	Seed
Pumpkin	Root	Stem	Leaf	Flower	Fruit	Seed
Tomato	Root	Stem	Leaf	Flower	Fruit	Seed



Answers: Growing Scramble 1. tractor, 2. shovel, 3. worms, 4. compost, 5. seeds, 6. acre, 7. straw, 8. manure, 9. weeds, 10. roots, 11. leaves, 12. water, 13. sunshine, 14. soil, 15. trowel. **Plant Parts** Broccoli: stem, leaf, flower. Carrot: root. Cauliflower: stem, leaf, flower. Celery: stem, leaf. Corn: seed. Cucumber: fruit, seed. Kidney Bean: seed. Lettuce: leaf. Potato: root. Pumpkin: fruit, seed. Tomato: fruit, seed.



# Salad Medley



## Salad Sisters

Here are the words. For the melody, go to <http://www.dole5aday.com/>

Chorus

**Salad is good**

**Salad is smart**

**We're the Salad Sisters**

**And we're speaking from the heart**

It all starts with lettuce

Make yourself a salad today

It's your salad

You make it how you want it

### Carrot and Raisin Sunshine Salad

From the *Fun with Fruits & Vegetables Kids Cookbook* at <http://www.dole5aday.com/>  
Makes 4-6 servings

#### Ingredients

- 1 pound carrots peeled and shredded
- ½ cup raisins
- 1 carton (8 ounces) lowfat vanilla yogurt
- 4 to 6 iceberg lettuce leaves

#### Method

- Mix first three ingredients in a bowl.
- Toss again before serving.
- Serve on lettuce leaves.

How many salad greens have you tried? Circle the ones you have tried. Put a star next to your favorites. To see pictures of each one, visit <http://www.foodsubs.com/>

Belgian endive  
Bib lettuce  
Curly endive  
Dandelion greens  
Escarole  
Boston lettuce  
Butter lettuce  
Green-leaf lettuce  
Iceberg lettuce  
Spider mustard  
Lamb's lettuce  
Leaf lettuce  
Lollo rosso  
Mediterranean rocket (arugula)  
Miner's lettuce  
Oakleaf lettuce  
Radicchio  
Red leaf lettuce  
Romaine lettuce  
Spoon cabbage



### Design a salad!

- Use your imagination! See how many different colors you can get into your salad. Try adding fruits and beans.
- Name your recipe.
- Ask your teacher or parents if you can make your salad with their help.

Recipe Name: .....  
Ingredients:

.....  
.....  
.....  
.....  
.....  
.....

Methods:

.....  
.....  
.....  
.....  
.....  
.....

Little, middle or big's okay  
Green leafy lettuce  
Is a super way to start it  
Add a fresh tomato and you're on your way  
Broccoli and carrots will add to your creation  
Mix it all together; it's salad fascination!

Chorus

A little salad is one whole serving

It counts as one on your 5 A Day

A middle salad takes the serving count to two

So double up the veggies 'cause they're good for you

A big salad makes a meal in itself

Counts as three servings and terrific for your health

Chorus

We're Salad Sisters

And all we do is salad

Fresh and tasty and nutritious, too

We're Salad Sisters

And we even make it easy

With ready-made salads that are good for you

Just open up the bag and pour it in a bowl  
Add your fresh veggies and then you're on a roll!

Chorus

Words and music by Phil Schroeder and Lorelei DiSogra, © 1999 Dole Food Company, Inc.

